



# **NDPERS** **Wellness Forum**

**TUESDAY, NOVEMBER 7<sup>TH</sup>**  
**8:30 AM**

**North Dakota Heritage Center**  
**Auditorium**  
**or**  
**Web Cast**

The wellness forum is designed for all Wellness Coordinators who are responsible for creating the wellness programming for their agencies. For those agencies currently not participating in the wellness program, the forum is an opportunity to learn more about the program to consider participation for the July 1, 2007-June 30, 2008 plan year.

The following items will be covered:

- Overview of what you will need to do for the 2007-2008 plan year Wellness programming in order to receive the 1% discount for health insurance.
- Wellness Benefit and Application Process.
- Examples of different types of Wellness Plans and ideas for wellness programming, including presentations from various resources.
- Smoking Cessation program update.
- BCBSND Member Education Programs.
- Health Dialog Resources.

You are not required to register for the forum. The full agenda will be posted on the NDPERS website prior to the forum. Any materials other than complimentary items provided by the speakers will be available on the website after the forum.

## **2006 Wellness Forum Agenda**

<b>8:30 – 8:40</b>	<b>Opening remarks by Sparb Collins, NDPERS Executive Director</b>
<b>8:40 – 8:55</b>	<b>Employer Based Wellness Program Administrative Issues by Rebecca Fricke, NDPERS Benefit Programs Specialist</b>
<b>8:55 – 9:10</b>	<b>Wellness Benefit Program Funding &amp; Application Process by Kathy Allen, NDPERS Benefit Programs Manager</b>
<b>9:10 – 9:25</b>	<b>Smoking Cessation Program by Cheryle Masset, NDPERS Benefit Programs Administrator</b>
<b>9:25 – 9:45</b>	<b>Assessment of Program by Gary Liguori, NDSU Health, Nutrition and Exercise Science</b>
<b>9:45 – 10:00</b>	<b>Break</b>
<b>10:00 – 10:30</b>	<b>Healthy ND Worksite Wellness Update by Karen Ehrens, Healthy ND Consultant</b>
<b>10:30 – 12:00</b>	<b>Go Red North Dakota and American Heart Association Worksite Wellness by Joan Enderle, Amy Walters &amp; Lynne Struble, ND American Heart Association</b>
<b>12:00 – 1:10</b>	<b>Lunch – on your own</b>
<b>1:10 – 1:15</b>	<b>Welcome back by Kathy Allen, NDPERS Benefit Programs Manager</b>
<b>1:15 – 2:00</b>	<b>Health Dialog Resources by Cheryl Bakke, Health Dialog</b>

<b>2:00 – 2:05</b>	<b>Win With Health Promotion by NDPERS Staff</b>
<b>2:05 – 3:20</b>	<b>BCBS Wellness Education Programs by Member Education Consultants</b>
<b>3:20 – 3:35</b>	<b>Break</b>
<b>3:35 – 3:50</b>	<b>Overview of School for the Blind Wellness Program by Carmen Suminski</b>
<b>3:50 – 4:05</b>	<b>Overview of DOT Wellness Program by Marlene Larson</b>
<b>4:05 – 4:15</b>	<b>Open Microphone – Lessons Learned, Questions and Closing Comments</b>